



Martial Arts Conditioning Instructor

Since MMA exploded properly onto our screens in the late 90 s, Martial Arts the world over has seen a huge influx in attendance. Martial artists are now recognised as professional athletes, this has placed huge demands on the type of training and preparation required as a martial arts practitioner.

Scotland's leading authority and original Combat Sports Strength and Conditioning Coach, Brian Fernie (MMA CSCC) who has studied under JC Santana of IHP and American Top Team, and worked with fighters from Edinburgh, Aberdeen, London.

Fighters he is working with at the moment include Scottish, English, British, and world champions both male and female.

This course is only open to 10 applicants and is suitable for martial arts instructors, fighters and personal trainers.

Cost £99

Date 07th April 2012

Time 0900-1700

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